



## **Sevier County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sevier County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Sevier County School System that includes:

- School Health Advisory Committee
- Healthy School Teams in all schools
- School Health Policies have been strengthened and reviewed
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 3,278,450.

Community partnerships have been formed to address school health issues. Current partners include:

- |                              |  |
|------------------------------|--|
| ➤ Cherokee Health Systems    | ➤ Dental Screenings                    |
| ➤ GoTry Be                   | ➤ Private donations for Second         |
| ➤ Epilepsy Foundation        | Harvest Backpack Program               |
| ➤ Florence Crittenton Agency | ➤ UTK Extension Office                 |
| ➤ ETSU Department of Public  | ➤ TWRA                                 |
| Health                       | ➤ DARE                                 |
| ➤ Covenant Health System     | ➤ Sevier County Family Resource        |
| ➤ Girls on the Run           | Center                                 |
| ➤ RAM                        | ➤ Sevier County Department of Public   |
| ➤ Charter Public Television  | Health                                 |
| ➤ Local Police Departments   | ➤ State 21 <sup>st</sup> Century Grant |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include Mini Relay for Life, school health fairs, individual school healthy teams, PTA presentations, and school committees. Currently, 2,408 parents are collaborating with CSH.

Students have been engaged in CSH activities such as mini relay for life, school health fairs, Healthy School Team committees, class presentations for tobacco cessation or drug prevention, and PTA presentations. Approximately 3,228 students are partnering with Coordinated School Health to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Sevier County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 6046 screened for vision and 331 referred, 5554 screened on body mass index and 998 referred, 5,554 screened for blood pressure and 277 referred, 1,021 screened for dental and 71 referred;

Students have been seen by a school nurse and returned to class – 112,200 seen and 3,590 sent home or to their doctor;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Sevier County School System. Beginning with 2007-2008 the percentage of overweight/obese students was 41.9%, that percentage improved during 2008-2009 to 39%, once again the percentage improved during 2009-2010 to 37%, and during 2010-2011 the overweight/obese percentage improved to 36% percent;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include additional physical education activity equipment, Take10! curriculum, clinic equipment for testing BMI, tobacco cessation presentation equipment TATU, comprehensive health education curriculum, and nutritional education curriculum;

Professional development has been provided to school health staff to include in-service training of all K-5 teachers on Take 10! classroom curriculum, in-service to physical education instructors for purposes of collaboration on methods of instruction, in-service for school nurses in health topics and telemedicine, and committee meetings in development of health policies;

School faculty and staff have received support for their own well-being through a partnership with East Tennessee State. Staff wellness assessments were conducted for all who were interested.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – review of various comprehensive health curriculum;
- Physical Education/Physical Activity Interventions – addition of “Walking is the Habit”, Take 10! activity curriculum, and GoTryBe internet curriculum;
- Nutrition Interventions – “Go Slow Whoa”, MyPyramid curriculum, and Portion Distortion;
- Mental Health/Behavioral Health Interventions – School Wide Positive Behavior Program.

In such a short time, CSH in the Sevier County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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